

HARVEST CELEBRATION

WSU King County Extension Presents: The 6th Annual
KING COUNTY



Farm tour
map
inside!!

FARM TOUR

FARM FRESH FOOD-IT'S CLOSER THAN YOU THINK!

FREE

suggested donation
\$5 per car

10am-4pm

OCT 2

Brought to you by



In partnership with



Full Circle Farm
Certified Organic Produce





Visit www.pugetsoundfresh.org ...your source for information on the best farm products grown, raised or harvested right here in the Puget Sound region. When you buy local, you save our farmlands and help keep our farmers farming.

- What's in season now
- Farmers markets
- U-Pick farms
- Retail locations
- On-farm stands
- Harvest charts
- Farming information
- Recipes
- CSAs/Home Delivery

SHOP OR DINE AT A PUGET SOUND FRESH "PARTNER" These companies actively support our local farms. When you shop or dine at these locations, you help support our local farms, too.

- Safeway
- PCC Natural Markets
- Haggen/Top Foods
- Madison Market
- The Herbfarm
- Culinary Communion
- Metropolitan Market
- Larry's Markets



Puget Sound Fresh is a program of Cascade Harvest Coalition with support from King and Snohomish counties.
Building healthy food and farm systems by cultivating common ground among farming and non-farming communities.

CASCADE HARVEST COALITION
 For information on membership and more, contact:
 4649 Sunnyside Ave. N., Room 123 • Seattle, WA 98103
 206-632-0606 • email: mary.oz.net
www.cascadeharvest.org

- Get involved in helping preserve our treasured farmlands
- Find out about becoming a farmer or transitioning your farm through FarmLink
- Participate in local Harvest Celebrations
- Support formation and growth of local ag commissions



WASHINGTON
FARMLINK

King County Agriculture


**Good for our economy,
 our environment and
 our quality of life.**



Did you know ?

- The total value of agriculture products sold annually by King County farmers is nearly \$94 million.
- Farmers in King County raise over 200 types of vegetables. Pumpkins, squash, zucchini, lettuce, beets, corn and carrots are major crops.
- The average King County dairy farm produces enough milk for nearly 30,000 people per year.
- King County has a drainage assistance program to assist farmers with the maintenance of agricultural watercourses.
- There are approximately 2000 beef cattle in King County.
- The King County horse population is one of the highest in Washington
- The King County Farmland Preservation Program, created by voters in 1979, is one of the first such programs in the United States. Since then, over 13,000 acres of King County farmland is owned and preserved for farming through this program.
- The King County Agriculture Commission made of citizens active in agriculture; meets monthly to discuss agriculture related issues and agricultural land use. **Call 206-296-1471 for more information (or laurie.clinton@metrokc.gov)**

Protecting farmland helps maintain **fish and wildlife** habitat and provides **beautiful, natural aesthetic value** which, blended with urban elements, diversifies the **lifestyle that we cherish** in the Pacific Northwest.

 **King County**
 Department of
 Natural Resources and Parks
**Water and Land Resources
 Division**

FARM FRESH FOOD - IT'S CLOSER THAN YOU THINK!



As King County Executive, I am committed to maintaining a healthy agricultural community in our county. Whether through farming the land, raising livestock, preserving open space, or buying produce from local farms, every King County resident benefits from successful local agriculture.

King County government has established Agricultural Production Districts, comprised of 42,000 acres; has permanently preserved 13,000 county acres through the Farmland Preservation Program; has helped

create the FarmLink Program to maximize farming opportunities; and has developed Puget Sound Fresh- a successful, multi-county program promoting local produce.

An exciting new project is King County's research into developing a system that will convert methane gas from cow manure into electricity- a tremendous boost to dairy farmers and our regional water and air quality.

Through all of these efforts and more, we are working to ensure that agriculture survives and flourishes in our region.

King County's Harvest Celebration Farm Tour is an important part of our strategy for promoting local agriculture. Not only does this event give King County residents the opportunity to experience our local farms, it also shows local farmers that we care about the work they do. Thank you for joining me in support of local agriculture- I look forward to seeing you out on the farms.

Ron Sims
King County Executive



Every day, the world gets a little smaller and a little more crowded. And every day, it becomes that much more important to maintain a healthy, clean and productive environment.

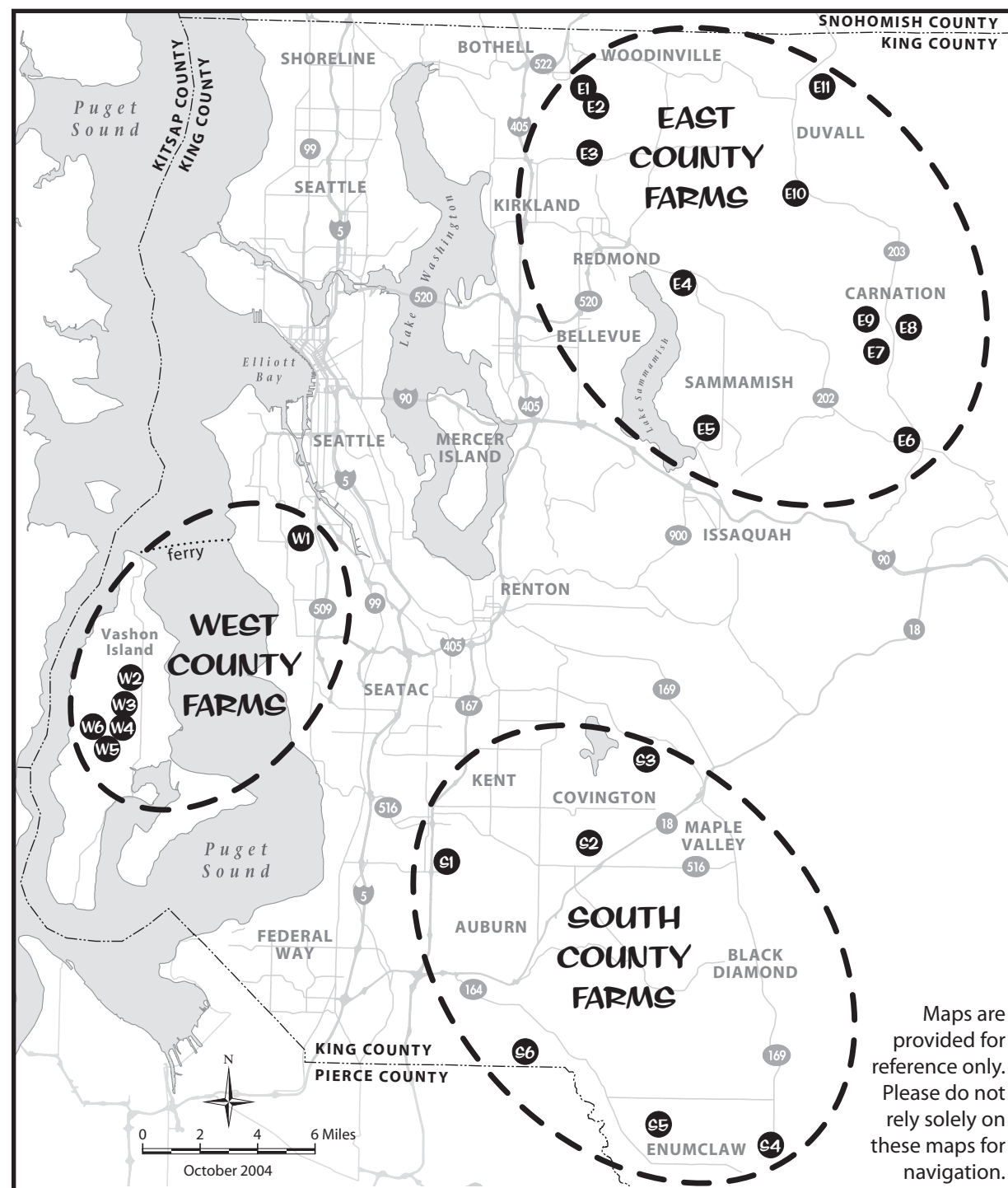
WSU King County Extension and our many volunteers help spread this message to the rest of King County. We offer education and resources to help farmers succeed in today's competitive marketplace while protecting their land, and our water.

We encourage consumers to support their local farmers and local economies. We train Master Gardeners, Forestry Stewards, Livestock Advisors, Watershed Stewards, and small-acreage landowners to protect and restore our precious natural resources.

By producing the Harvest Celebration Farm Tour we hope to make the importance of local agriculture clear to King County residents. This event is a vital part of our mission to educate consumers about the impact of their choices and insure that King County farms have a prosperous future.

I invite you to take full advantage of this year's Harvest Celebration Farm Tour. Take a day to visit a few of the diverse farms located around our county and learn about some local food sources. This is your chance to meet local producers *and* see their farms!

Brad Gaolach
Interim County Director, WSU King County Extension



If you require special accommodation, call WSU King County Extension at 206-205-3100 at least two weeks prior to the event. No endorsement or judgement of farms listed or not listed.

This information is available in alternative formats for people with disabilities. Please call 206-205-3206 or TTY 711.

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Cover design and artwork by Rachel Scheiner

KING COUNTY FARMERS MANAGE THEIR MANURE!

A single horse generates about 50 pounds of manure per day! Depending on how manure is managed, it can be either a valuable resource or an environmental concern. Landowners in King County implement farm plans or selected best management practices to ensure that manure is properly managed and utilized. This makes good use of a natural resource and protects water quality. If you are interested in using composted manure as a soil amendment, contact the King Conservation District for sources and the WSU King County Extension office for information on how to use it. To see examples of how livestock manure and bedding are being managed, please visit the farms with the symbol.

KEY TO FARM SYMBOLS

- Farms growing fruit, vegetables, and herbs
- Farms raising animals
- Farms raising trees and nursery plants
- Farms with special, educational events or demonstrations coordinated by WSU King County Extension
- Farms offering music and/or storytelling
- Public restroom available
- Farms with managed livestock manure and bedding
- Research Project Farms

DITCH MAINTENANCE RESEARCH PROJECT

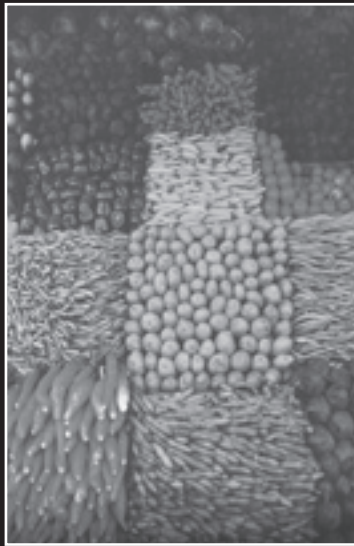
Farms with the symbol are part of a WSU/King County research project that aims to determine effective and economical means to maintain agricultural watercourses without degrading fish habitat and water quality. For more information see <http://csanr.wsu.edu/AgEnvironment/ditchMaintenance.htm>.

**HOW TO ENJOY
THE HARVEST CELEBRATION FARM TOUR**

Here are some ideas on how to get the most out of your day out on King County farms!

- Plan ahead. We have a gigantic county, so choose 3 or 4 farms that seem the most interesting to you and look at the route you will need to take to get to them.
- Bring water and snacks.
- Leave pets at home and respect off-limit areas. These are working farms.
- Be cautious around the farm animals and make sure to listen to any instructions or warnings that the farmers give.
- Dress for the weather and make sure to wear shoes that can get muddy.
- Make sure to check the Harvest Celebration Farm Tour web site at <http://www.metrokc.gov/wsucce/FarmTour/> for updates to this brochure. We'll be updating the website frequently, so check back often for recently-added events, demonstrations, and information.

**HOMELAND
SECURITY**



Buy local.
It matters.



**Washington State
University
4-H**



WSU 4-H
Serving All of
Washington's Youth
Through:

- LEADERSHIP
- COMMUNITY SERVICE
- THE ARTS
- CITIZENSHIP
- TECHNOLOGY
- ENVIRONMENTAL SCIENCES

Let us tell you more
about 4-H today!
<http://4h.wsu.edu>



SPRING (April - June)

Vegetables

Asparagus Mushrooms
Broccoli Peas - (June)
Cauliflower Radishes Spinach
Salad Greens:
Mixed Lettuce, Leaf, Mizuna, Tat Soi, Arugula

Fruits

Apples Rhubarb Winter Pears
Strawberries - (Beginning Mid-June)

Seafood

Clams Scallops Shrimp
Oysters

SUMMER (June - August)

Vegetables

Beets Celery Spinach
Broccoli Cucumbers Squash: Summer
Cabbage Eggplant Tomatoes
Carrots Green Beans
Cauliflower Potatoes: New Onions: Sweet
Corn: Sweet Peas - (June, July)
Salad Greens:
Mixed Lettuce, Leaf, Mizuna, Tat, Soi, Arugula
Hearty Greens:
Bok Choy, Chard, Collard Greens, Kale, Mustard Greens
Lettuce: Head, Leaf
Peppers: Sweet, Hot

FRESH From The Heart of Washington!

www.heartofwashington.com

Fruits

Apples Currants Plums
Apricots Gooseberries Raspberries
Blackberries Melon Strawberries
Blueberries Nectarines
Cherries Peaches

Seafood

Fresh Sockeye Salmon Fresh Chinook Salmon
Fresh Pink Salmon Prawns

* Available in temperate regions only, in the beginning of the season.
1 Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.
2 Until first local frost.

FALL (September - November)

Vegetables

Beets Cucumbers Potatoes¹
Broccoli Garlic Pumpkins
Cabbage Kohlrabi Radishes
Carrots¹ Leeks Rutabaga
Cauliflower Lettuce Shallots¹
Celeriac Mushrooms Spinach
Corn: Sweet² Onions Turnips
Brussel Sprouts Parsnips
Squash: Summer² & Winter¹ Peppers: Sweet, Hot²
Salad Greens:
Mixed Lettuce, Leaf, Mizuna, Tat, Soi, Arugula
Hearty Greens:
Bok Choy, Chard, Collard Greens, Kale, Mustard Greens

Fruits

Apples¹ Blueberries Grapes
Apple Cider¹ Cranberries Pears¹
Asian Pears Currants Raspberries
Blackberries Gooseberries

Nuts

Hazelnuts Walnuts

Seafood

Clams Mussels Fresh Keta Salmon
Geoduck Oysters Fresh Coho Salmon

WINTER (December - March)

Vegetables

Carrots Mushrooms Potatoes
Garlic Onions Squash: Winter
Salad Greens:
Mixed Lettuce, Leaf, Mizuna, Tat Soi, Arugula
Hearty Greens:
Bok Choy, Chard, Collard Greens, Kale, Mustard Greens

Fruits

Apples Berries: Frozen Frozen, Canned,
Pears Rhubarb: Hothouse or Dried Fruit

Seafood

Clams Mussels Scallops
Geoduck Oysters

WEST COUNTY FARMS

W1 MARRA FARM

9026 4th Ave S., Seattle 98108



Marra Farm is an urban community farm engaging people in sustainable agriculture and education while enhancing local food security in Seattle. The Marra Farm Coalition, consisting of neighbors, nonprofits and community groups have stewarded the site since 1998. The farm is 4-acres of historic preserved farmland tucked into the South Park neighborhood of Seattle. The Marra Family, Italian truck farmers, worked the land from the early 1900s until the 1970s and it is one of the last two remaining pieces of original agricultural land in the city. Stop by for a farm tour between 10 a.m. and 3 p.m. Samples, games, music, and other activities for kids will be available.

If coming from northbound I-5, take Corson Exit. Follow road to East Marginal Way. Turn left. Head south on East Marginal Way 3 lights. Turn right and go over the 16th Avenue South Bridge. At the first light, turn right onto Cloverdale, the main street in South Park. Turn left at 5th Ave. South. The street will end at S. Director St. (about 4 blocks down). You will see a 6 foot wooden fence here. The garden is behind the fence. Turn left at Director. Go 50 yards, and the main parking lot is on your right. Walk down the pathway heading west to the end.

If coming from southbound I-5, take the Swift/Albro Exit. Turn right at the bottom of the off ramp. Follow Road to E. Marginal Way. Then, turn left onto East Marginal Way and head south for 3 lights. The rest is the same as the directions given above for those coming from northbound I-5.

Directions from Marra Farm to the Fauntleroy Southworth Ferry (to Vashon Island) Get back on S. Cloverdale St. heading west (turn left on S. Cloverdale St.). S. Cloverdale St. becomes 1st Ave. S. Slight right on Olson Place S., slight right on SW Roxbury St. Turn right (north) onto 35th Ave. SW, turn left (west) on SW Barton St., left (south) on California Ave. SW. California Ave. SW becomes SW Brace Point Dr. Slight right onto SW Wildwood Place, turn right (north) onto Fauntleroy Way SW. Turn left (west) onto SW Barton. The address is 4829 SW Barton, Seattle 98136.

W2 VIGA HARVEST FESTIVAL AT THE VILLAGE GREEN

Vashon Highway and Bank Rd, Vashon 98070



Visit the Vashon Island Growers Association (VIGA) Farmers Market for a Harvest Festival that promises to be the pinnacle of the season's harvest. Farmer's tables will be overflowing with seasonal produce, herbs, flowers, and crafts. Enjoy demonstrations on fiber crafts, doll making, weaving, and basketry and watch Island chefs cook with seasonal produce. Listen to live music throughout the day under the performance canopy and bring the kids for a variety of children's activities.

From the Fauntleroy Southworth Ferry, head south on Vashon Highway. The market is on the right at Bank Road.

W3 FOREST STEWARDS COMMUNITY LOG YARD

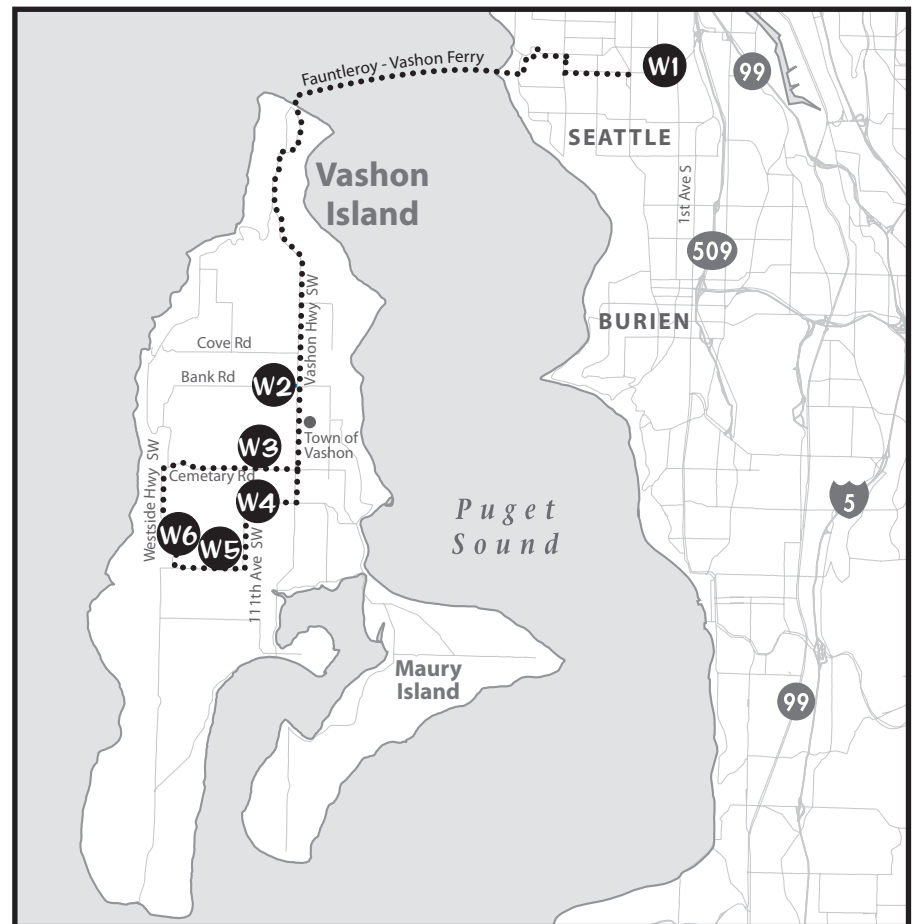
SW 103rd Ave, Vashon 98070



The Vashon Forest Stewards are a not-for-profit organization helping forest landowners with ecologically sound management of their forests. They write stewardship plans, plan and arrange thinning operations, and then buy and process some of that wood for the local market. They have just established a log yard where farm tour visitors will get to see logs being milled into lumber. Dried Douglas fir of good quality (tight grains and small knots) will also be available for sale.

Forest Advisors will be on hand to answer your questions about forestry.

Head south on Vashon Highway through town to SW 188th. Turn right onto SW 188th and then drive 2 miles and turn left onto SW 103rd. The log yard is the first driveway on the right.



W4 ISLAND MEADOW FARM

10301 SW Cemetery Rd. Vashon 98070



This 10 acre farm consists of about 2 acres of veggies and fruits, including grapes and kiwis, 2 acres of free-range chickens, and several acres of old hazelnut and walnut trees, planted in the early 1900's. Island Meadow Farm markets most of its produce through their popular farm stand which will be stocked with an assortment of vegetables, flowers, and herbs, including potatoes, leeks, winter squash, pumpkins, and salad greens. Guided tours of the farm are available throughout the day and visitors are also welcome to take self-guided tours.

South on Vashon Highway through town to Cemetery Rd. SW, turn right onto Cemetery at Seattle's Best Coffee, turn left in .25 mile at sign, follow signs to parking in orchard.

W5 K-JO FARM

20602 111th Avenue SW, Vashon 98070



K-Jo Farm is a 5 acre homestead in the middle of Vashon that practices sustainable, organic agriculture while being creative with available resources. Come on out to visit with pasture-raised dairy goats, chickens, ducks, & pigs and learn about small scale, small budget farming. K-Jo Farm also offers subscription produce, eggs, milk, cheese and meat

and runs a farm school as well as a variety of food, agricultural & gardening workshops throughout the year.

Head south on Vashon Highway to SW 204th St., right (west) on 204th, down the hill, left on 111th Avenue SW, look for the yellow house two driveways on the left. Road side parking is available.

W6 ISLAND WEST ALPACAS

21204 Westside Hwy SW, Vashon 98070

www.islandwestalpacas.com



Alpacas are lovable earth-friendly animals producing some of the world's best fiber in 22 natural colors. Visit this island alpaca ranch for their third year in this popular event. Meet adult alpacas and their crias (that's alpaca-talk for baby alpacas) and learn what these South American natives offer the world and the small acreage farmer. Browse the farm store for unique and affordable, as well as high-end, holiday gifts like hats, gloves, sweaters, throws, scarves, teddy bears, dolls, and more. Watch a local yarn-spinning circle, knitters, and enjoy a guided tour of the farm. Kids can feed the alpacas and enjoy learning activities. Limited parking.

South on Vashon Highway through town to Cemetery Rd. SW, turn right (west) onto Cemetery at Seattle's Best Coffee, go approximately 2.2 miles, road becomes Westside Hwy SW. Turn left at the Westside Stables at 21204 Westside Hwy SW, go to end of gravel driveway.



Food & Faith justice, joy and daily bread

A collection of thought-provoking essays and a group study guide. Articles by Wendell Berry, Thomas Moore, Vandana Shiva, David Suzuki, Diane Ackerman, Eric Schlosser, and others.

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www.earthministry.org/food_faith.htm

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Single book price, \$14.95 - Group price, \$12.95



E1 RED BARN COUNTY INN

16708 140th Place NE, Woodinville 98072



An array of special farming activities awaits you just six blocks south of downtown Woodinville. Meet and greet the animals. Experience the art of wool carding and spinning and practice your sleuthing skills on the farm's treasure hunt identifying equipment, feed, and tools. Learn about the opportunities for discovery, growth, and fun through 4-H and **view 4-H exhibits and projects**. Enjoy a country-style breakfast (8-11am) to benefit the farm's 4-H Foster Animal program. Try your hand at churning butter, making ice cream and punching tin. Experience an old-fashioned dessert social (2-4pm) and an Animal Photo Farm. Purchase farm fresh eggs, honey, and organic fruit and vegetables and listen to master storyteller Debbie Dimitre.

Extension Livestock Advisors and King County Master Gardeners will be on hand to answer your questions. Also learn about the work of Pioneer Organics from their friendly staff.

From I-405, take the NE 124th St. exit, continue east on NE 124th St. Turn left on Woodinville-Redmond Rd. (Hwy 202), go about 1.5 miles, cross NE 145th St., continue north, and the road becomes 140th Place NE. Follow 140th Place NE for approximately 1 mile.

E2 OLYMPIC NURSERY

16507 140th Place NE, Woodinville 98072

www.olympicnursery.com

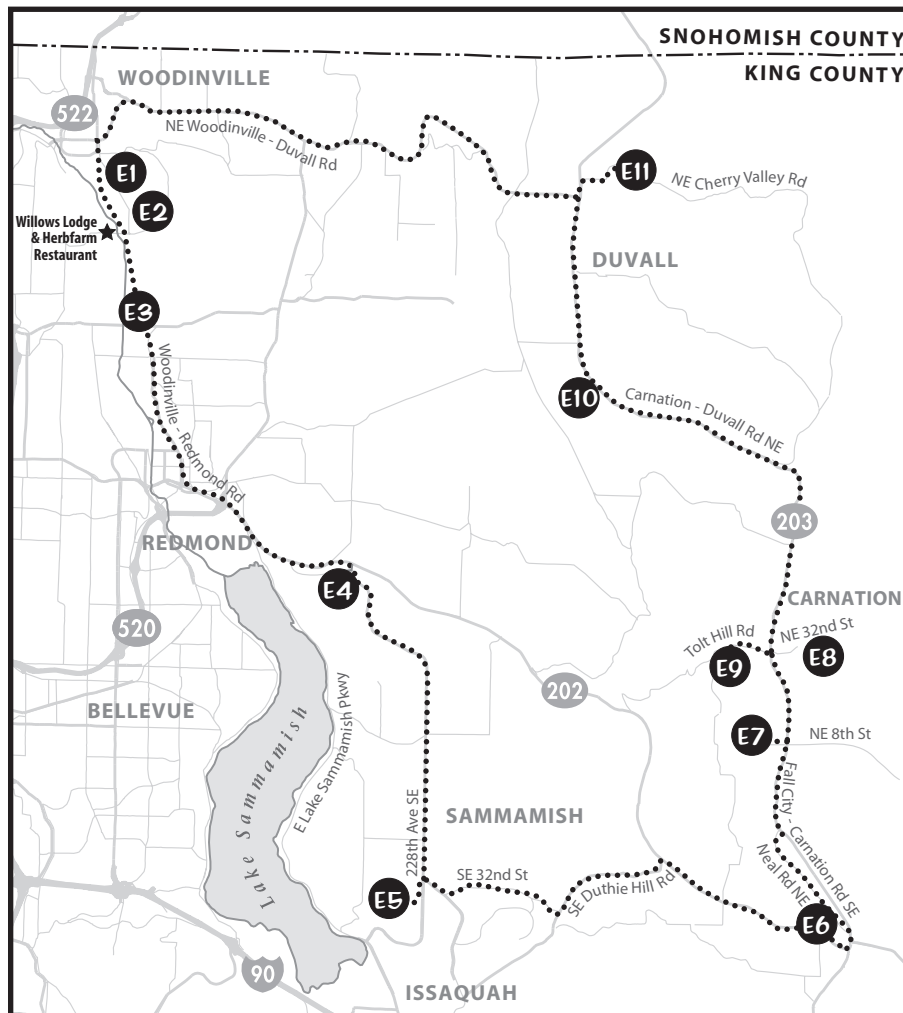


Visit this seventy-acre retail/wholesale nursery and farm operation featuring large caliper evergreen and shade trees as well as larger shrubs grown on farms throughout Washington, Oregon, Canada and California. Learn how an innovative approach to ag-tourism is being undertaken. In an unusual and exciting partnership with the Woodinville Heritage Society, Olympic Nursery is beginning construction of a series of "GardenWalks" which will feature themed gardens among farm fields. The new GardenWalk will draw pedestrians from the Sammamish River Trail to view the gardens, and it will eventually connect with the new home of the Woodinville Farmer's Market. The completed project will encompass nearly 100 acres of working farm, garden walks, an arboretum and demonstration farm projects.

King County Master Gardeners will be on hand to answer your plant-related questions from 11am to 3pm.

From I-405, take the NE 124th St. exit, continue east on NE 124th St. Turn left on Woodinville-Redmond Rd. (Hwy 202), go about 1.5 miles, cross NE 145th St., continue north, road becomes 140th Place NE, nursery is about 1 mile down the road on the left side.

EAST COUNTY FARMS



E3 THE SOUTH 47 FARM

15410 NE 124th St., Redmond 98052

www.south47farm.com



This Redmond farm features a lively mix of organically grown berries, flowers, vegetables, pumpkins, and herbs. Bring the kids and try your luck in the corn maze, take a hay ride around the 47-acre farm, greet the farm animals, munch on kettle corn, or settle down for some storytelling. You can pick snap beans, dig your own potatoes, cut bouquets of flowers and herbs, and buy sweet corn and tomatoes at the farm stand. Be sure to visit the Farm LLC table to learn about efforts to preserve Sammamish Valley farmland.

Don't miss the lunch-time chef demonstrations! Watch Chef Jerry Traunfeld of The Herbfarm Restaurant and Chef Brian Scheehser of the Hunt Club at the Sorrento Hotel cook with South 47 produce. Demonstrations begin at 11:30.

From I-405, take the NE 124th St. exit. It's on NE 124th St., just west of Woodinville-Redmond Rd. (Hwy 202).

E4 SERRES FARM

20306 NE 50th St., Redmond 98053



Serres Farm started with 8 acres in 1977 and has expanded to 22 acres of U-pick flowers, vegetables, strawberries, and Christmas trees. This working farm is a low key family operation with a large old red barn by a picturesque creek. Stop by to take a hayride, stroll or picnic by Evans creek, watch a flock of laying hens, and do the corn maze. You can also browse through a wide variety of pumpkins from tiny Jack be Littles to huge Atlantic Giants, all manner of unique and unusual gourds, decorative corn, cornstalks, and other Halloween decorations on the 6 acre U-pick pumpkin and gourd patch.

Take 520 east to the Fall City/Hwy 202 East exit, take Redmond-Fall City Rd. (Hwy 202) east toward Fall City. At 2.5 miles, turn right (south) at the Gray Barn Nursery onto Sahalee Way, then take the first right (west) onto NE 50th St., drive .25 mile to farm on the right.

E5 PINE LAKE ALPACAS

3805 222 Ave. SE, Issaquah 98075

www.alpacacom.com



Pine Lake Alpacas, located on the Sammamish plateau just north of Issaquah, has been breeding alpacas since 1984. Come and see why alpacas are a great 'small acreage' alternative. The farmers will conduct informal farm tours and describe the alpaca lifestyle. There will be spinning and weaving demonstrations and handspun alpaca yarn and hand tailored fashion garments will also be displayed and offered for sale. You may find the perfect gift for that hard to please relative!

Coming from eastbound I-90, take the Issaquah/Front Street exit; and take East Lake Sammamish Parkway northbound. Turn right onto SE 43rd Way; this becomes 228th Avenue SE; continue for another .8 mile. Turn left onto SE 32nd Street; left on 223rd Ave SE; right on SE 38th; and then left on 222nd Ave SE. Enter through the second gate on the right. Limited parking.

E6 FALL CITY FARMS

3636 Neal Rd SE., Fall City 98024



Come on out to this farm to play in the sunflower house or create your very own scarecrow. View the astonishing pumpkin wall, meet the farm animals, pick your own vegetables and learn about bee-keeping and collecting honey. Take a turn at cider-making and unravel the mysteries of spinning wool into yarn. In the farm store browse the large selection of chemical-free vegetables as well as grilling sauces, mustards, bread spreads, honey and more. A picnic area is also available for your enjoyment.

WSU King County Extension staff and the friendly folks at From the Heart of Washington will be on hand to tell you about their programs.

From Fall City, drive north on Carnation-Fall City Road (Hwy 203) towards Carnation, take the first left in about 50 yards onto Neal Road. Go .5 mile to the farm and take the gravel drive to the barns and parking.

E7 FULL CIRCLE FARM

31904 NE 8th St., Carnation 98014

www.fullcirclefarm.com



This certified organic produce farm sits on 140 lush acres in Carnation along the banks of Griffin Creek and the Snoqualmie River. Full Circle Farm's over 75 varieties of fruits, vegetables, and herbs are featured on the dinner menus of many fine Seattle restaurants and are also available at Seattle-area farmers' markets and through its Community Supported Agriculture program, where customers subscribe to weekly or bi-weekly boxes of fresh organic produce. Stop by for self-guided tours throughout

DO THE TOUR DE FARM! Consider leaving the car at home and touring the farms by bike. Riders from the Cascade Bike Club will be treated to a free lunch by Tom Quigley of Olympic Nursery at noon. Contact Cascade or ask a ride leader for more details!

www.cascade.org

206-522-BIKE



the day, see a chef demonstration, and enjoy hot roasted corn, fresh-pressed cider, music and more.

Check out the lunchtime chef demonstration with Chef Daniel Mitchell of the Edmonds Culinary Arts Program, who will be cooking with Full Circle Farm produce at noon!

FoodSense nutrition educators will be on hand to tell you about their programs and friends from Thundering Hooves Farm will be there to talk about their unique way of raising livestock.

From Fall City, drive north on Carnation-Fall City Road (Hwy 203) turn west onto NE 8th St., just south of Carnation. The farm is 200 yards down the road.

E8 REMLINGER FARMS

32610 NE 32nd Street, Carnation 98014
www.remlingerfarms.com



This U-pick berry and pumpkin farm invites you to take a free wagon ride through their fields to a U-pick pumpkin patch and a corn maze, where King County Harvest Celebration Farm Tour attendees will receive a free pumpkin! Then watch a cooking demonstration at the Farm Market, which is filled with fresh in-season fruits and vegetables from Washington farms. Take home a famous Remlinger Farms U-bake fruit or berry pie or stop to eat at their restaurant. Remlinger Farms also hosts a large Harvest Festival every year featuring many activities for children ten and under, including a hay maze, 4-H animal barnyard, and live performances by Eric Ode, who produces music for children. An additional fee is required to attend this festival.

From Carnation-Fall City Rd. (Hwy 203), turn east onto NE 32nd Street (1/2 mile south of Carnation). Parking will be marked with a sign before the railroad trestle. The Remlinger Farms Market is at the end of the road and the U-pick field wagon ride and maze is on the right side of NE32nd Street.

E9 JUBILEE FARM

229 W Snoqualmie River Rd. NE, Carnation 98014
www.jubileefarm.org



Jubilee Farm is a 300 member Community Supported Agriculture (CSA) farm. In addition to the fruits and vegetables grown for their Members, Jubilee Farm opens its doors to the public in October for a month-long "open house" and Harvest Celebration. During October they host over 3000 children during the weekdays for farm tours, and are open to the public each weekend for a variety of activities, many of which center around the pumpkin season. They will have horse drawn hayrides to the fields, and u-pick pumpkins, squash of all kinds, and gourds. The entire farm is open to the public, providing an opportunity to see how local, sustainable, organic farming is done.

Don't miss the lunchtime chef demonstration by Chef Scott Samuel of the Seattle Culinary Academy, who will be cooking with Jubilee produce at noon.

King County Master Recycler Composters and the friendly folks from Seattle Tilth will be on hand to answer questions and tell you about their programs.

From Carnation-Fall City Rd. (Hwy 203), turn west on NE Tolt Hill Rd. just south of Carnation at the bridge. Continue across the valley, over bridge, turn south on W Snoqualmie Valley River Rd. (From Redmond-Fall City Rd., turn east on Tolt, then south on W Sno Valley River Rd.) Look for the big white barn at 2.2 miles.

E10 OXBOW FARM

10819 Carnation-Duvall Rd. NE, Carnation 98014
www.speakeasy.org/~oxbowfarm/



Visit this organic farm on a 100-acre nature preserve in the Snoqualmie Valley. The heart of this preserve is an "oxbow" lake, which provides critical habitat for salmon and other wildlife. Take a self-guided tour through the fields, find out about the native restoration efforts on this farm, and check out the produce stand filled with the season's bounty. This energetic farm is a strong part of the valley's foodshed!

Begin your day on the farm tour at Oxbow Farm and learn about sustainable agriculture with WSU Extension Agriculture Agent David Muehleisen. David will lead a farm walk that will begin at 10am.

From Carnation-Fall City Rd. (Hwy 203), turn west onto the gravel drive at 10819. There will be a big black mailbox with the number, an orange triangle reflector, and directional signs. Follow the gravel drive along the lake to the gardens and greenhouse.

E11 CHERRY VALLEY FARMS

26900 NE Cherry Valley Rd., Duvall 98019



Take a self-guided tour of Snoqualmie Valley's newest dairy including the calf barn, milking parlor and loafing shed. Stop by for an espresso, dairy products from Beecher's Handmade Cheese and other local cheese makers, and an assortment of other local agricultural products. Don't miss the pumpkin patch and be sure to pick up a hand-dipped ice cream cone! After a day of touring stick around for a barbeque from 5 p.m. to 7 p.m. followed by a real old-fashioned barn dance.

Friendly folks from the Puget Sound Fresh campaign and the King County Agriculture Program will be there to answer questions and tell you about their work.

Heading north on Carnation-Duvall Rd. (Hwy 203) to Duvall, turn right on NE Cherry Valley Rd. at the edge of town. The farm is across the street and down the hill from Cherry Valley Elementary.



Join our Community Supported Agriculture (CSA) program and sign up for your box of fresh fruits and vegetables – available weekly or twice-monthly, all year round!

Boxes with customized contents now available!

Sign up online at fullcirclefarm.com.

Full Circle Farm delivers farm-fresh organic produce to more than 20 CSA pick-up locations in King County. Each box contains over a dozen different selections of certified organic fruits, vegetables and herbs. We pride ourselves on offering a flexible and affordable service to meet the needs of all our CSA members. Make a direct connection with your local organic farmer, support sustainable agriculture and join Full Circle CSA today!

Flexible • Affordable • 100% Organic • Year-Round Delivery

Full Circle Farm is a sponsor for the 6th Annual Harvest Celebration Farm Tour. Please join us on Saturday, October 2 from 10 a.m. - 4 p.m. for food, music, chef demonstrations and fun!

Full Circle Farm

Certified Organic Produce

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SOUTH COUNTY FARMS

☎1 WHISTLING TRAIN FARM

27127 78th Ave. S, Kent 98032
www.whistlingtrainfarm.com



This 30-acre farm produces a wide variety of vegetables nearly year-round, even in the fall, winter and early spring months, without using any chemical fertilizers, pesticides, or herbicides. Available now are eggs, sweet corn, artichokes, shell beans, beets, carrots, potatoes, cabbage, broccoli, cauliflower, radicchio, escarole, winter squash, and greens. Visit the chickens and pigs of all ages and the new pumpkin patch. Tours of the farm will be happening throughout the day.

From Hwy 167, take Willis St. exit. Turn east on Willis, right on 3rd Ave. Cross bridge, the farm is less than 1 mile down on 78th Ave., on the right.

☎2 HAPPY MOUNTAIN MINIATURE CATTLE

25204 156th Ave. SE, Covington 98042



Of the 24 breeds of miniature cattle in the world, 14 have been developed at this farm. Eight of these breeds are featured including the famous "Miniature Belted Panda Cattle." The farm is the location of the World Miniature Cattle Breeding Research Facility with clients world wide. Many of the Miniature cattle breeds in other countries have originated at this farm. The owner is the Founder and Director of the International Miniature Cattle Breeders Society and is an enthusiastic proponent of these unique breeds. Guided tours and information presentations start at 10:30 and continue throughout the day.

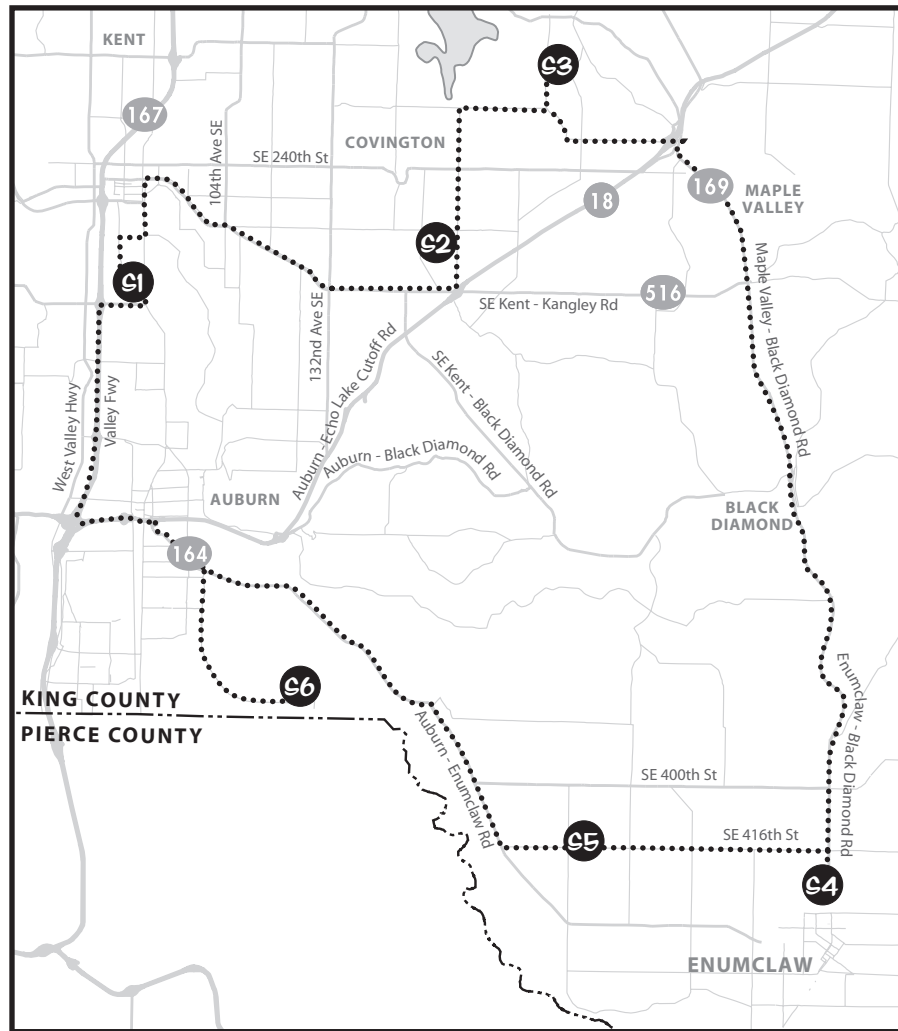
From the Valley Freeway (Hwy 167), take Central Street exit (Hwy 516), turn south on Central to Smith, turn east on Smith, continue up the hill and through commercial area, turn north on 160th Ave SE. This road becomes 156th and the farm is on east side of the road.

☎3 THREE BOYS' ALPACAS

21233 184th Ave. SE, Renton 98058
www.alpacasbydesign.com



This alpaca farm has been a part of the King County Harvest Celebration for the past 6 years. Each year they look forward to seeing their previous farm visitors and meeting new ones. Once again, "Fiddling", Brad Rasmusson from Woolly Hummer Alpacas, will be here. Mario, the live-in farm hand, along with Barbara Banks of Apple Country Alpacas, will be available to answer your



alpaca questions. Our favorite spinners will be working their magic turning fiber into yarn and the Red Barn Country Store will have many new products for you to find that perfect gift for your winter shopping.

Extension Livestock Advisors will be on hand to answer your questions on livestock.

From Maple Valley Hwy (Hwy 169) turn south on SE 196th St. Cross Petrovsky Rd at yellow light, then go west on SE Lake Youngs Rd. Turn south on 184th Ave. SE, just in front of the chain link fence. The farm is on the west side of the road. Limited parking available.

☎4 COUNTRY FARMERS MARKET

40709 264th Ave. SE, Enumclaw 98051
www.countryfarmersmarket.com



Country Farmers Market is a 10-acre farm as well as a full service produce stand specializing in local produce and products. Stop by to tour the market, vegetable gardens, and see the beautiful views of Mt. Rainier. While at the farm, select your fall decorations and hunt the pumpkin patch for your perfect eating and carving pumpkins. This year, let the kids enjoy a 2-acre corn labyrinth and see demonstrations by Dr D's Bees, Aaron Brenner's Bakery, and local spinners. Also learn about Thunder Mountain Middle School's garden project.

The friendly folks from King County 4-H will be on-hand to tell you about the opportunities they offer. Extension Livestock Advisors will be on hand to answer your questions on livestock.

Country Farmers Market is located 2 miles north of Enumclaw on the west side of Hwy 169.

☎5 THUNDER MOUNTAIN FARM

40622 196th Ave SE, Enumclaw 98022
www.thundermountainfarm.com



Thunder Mountain Farm is a unique nursery and market garden specializing in uncommon and under-utilized plants. These include edible ornamentals, hardy exotic fruit trees, native

plants, grasses and much more. This farm also raises alpacas for fiber and breeding stock. Come out and visit two new alpaca babies and their families. Organically grown garlic is one of Thunder Mountain Farm's specialties. If you've never tried garden-fresh garlic, you're in for a treat. Come see a planting demonstration and take some home.

Gina Kelsch of Hendrikus Organics in Issaquah will be answering questions on sustainable soils and organic gardening. Compost Tea, organic fertilizers, and organic weed and pest control products will be available.

From Auburn take Hwy 164 east to SE 400th St, turn south to 196th Ave SE, go 1/2 mile to farm on the left.
From Enumclaw take Hwy 164 west towards Auburn, turn north at 196th Ave SE, continue 1.8 miles to farm on the right.

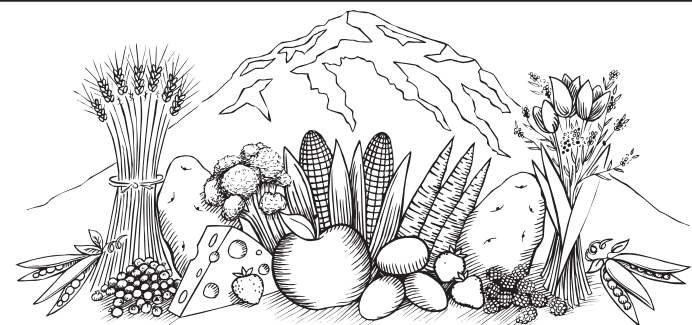
☎6 ALPACAS OF FAIR MEADOWS

4131 53rd St. SW, Auburn 98092
www.fairmeadowsfarm.com



This hilltop alpaca farm near Lake Tapps features family-friendly activities such as hand feeding and hugging alpacas, llamas, and chickens. Watch spinning, rope making, carding, weaving, and other fiber arts. Learn how to raise alpacas and shop for fiber art supplies and alpaca apparel and gifts. Both pet and show quality Alpacas will also be for sale.

From Hwy 164 (traveling northwest): Turn left (southwest) onto Riverwalk Dr. SW which will make several twists and turns, then turn left (south) on R St. SE, which becomes Kersey Way SE. Follow Kersey Way SE for approximately 1.06 miles, then turn left (east) onto 53rd St. SE. The entrance to Fair Meadows will be on your left (on the north side of the road).
From Hwy 164 (traveling southeast): Exit Hwy 164 by making a slight right (southeast) at Howard Rd. (Exit indicates "Game Park."). Howard Rd. ends at R St. SE, turn right (south) on R St. SE. R St. SE becomes Kersey Way SE. Follow Kersey Way SE for approximately 1.06 miles, then turn left (east) onto 53rd St. SE. The entrance to Fair Meadows will be on your left (on the north side of the road).



Visit www.smallfarms.wsu.edu
to find out about your county's
Harvest Celebration!



Kid's Farm Art Contest

Sponsored by

SeattleTeth

Hey kids! Pick up an entry for the Farm Art Drawing Contest and borrow crayons at any farm on the tour, then draw pictures showing what you learned about farms during the Harvest Celebration. When you are finished, you can ask your parents to leave your art with our fabulous volunteers at any farm, or mail it in to farm tour headquarters (postmarked by October 8, 2004). Our friendly judges at King County 4-H will admire your work and award fun prizes. Mail your completed entries to:

**Harvest Celebration Farm Art Contest
WSU King County Extension
919 SW Grady Way, Suite 120
Renton, WA 98055**

Washington State University: Healthy Farms Make Healthy People

The Harvest Celebration only happens once a year. But in every season, Washington State University is serving farmers and consumers across the state through its Center for Sustaining Agriculture & Natural Resources (CSANR) and Small Farms Program. Through these initiatives, WSU promotes a stronger link between healthy farms and healthy people.

"It has really taken a crisis in both human health and the farm economy to get people to begin reconnecting the dots between our farms and our food," says Chris Feise, CSANR director. "In Washington, 60 percent of the population is obese or overweight, costs for treating diabetes and other chronic diseases are skyrocketing, and the state has consistently ranked among the top five in the nation for hunger.

"In other words, our farms are failing even as consumers have begun demanding increased safety and freshness from their food," Feise says.

The problems facing the food and farming system here are both complex and long-term. As a university center, CSANR is able to draw on resources of the land grant institution and of communities across the state. People involved with the center are developing innovative, interdisciplinary alternatives to make the food and farming system work better.

For example, researchers working on CSANR's "BIOAg" initiative are developing farm practices that work in concert with natural systems. This allows farmers to maximize on-farm resource management and minimize off-farm inputs and unwanted impacts such as soil erosion.

"Sustainable food systems require greater reliance on biological processes that are renewable, non-polluting, and provide multiple benefits to farmers and society," says CSANR leadership team member Carol Miles, an agricultural systems specialist.

CSANR's Climate Friendly Farming (CFF) Project is another example of sustainability in action. To better understand the relationship between agriculture and global climate change, CFF researchers are studying three farming systems that are important in Washington and around the world. Dairy, irrigated and dryland farms could not only reduce their carbon emissions through the project findings, but also begin to help reverse climate change.

Created in 1991 by the state legislature, CSANR is guided by a dozen-member faculty leadership team, most of whom are voluntarily affiliated with the center. WSU's Small Farms Program works closely with CSANR to ensure that the state's small farms remain viable.

"This is a time for renewed engagement between farmers and consumers," says Marcy Ostrom, director of the Small Farms Program and an assistant professor in the department of community and rural sociology. "In academic circles, we are seeing more inquiry into the connection between nutrition and human health, especially with the rise in obesity, diabetes and chronic diseases that are both caused or prevented by diet."

"This is also reflected in the marketplace, where consumers are putting a premium on the perceived healthfulness of food," says Ostrom. "Our research has shown that consumers are also willing to support local family farms, even if a product costs more."

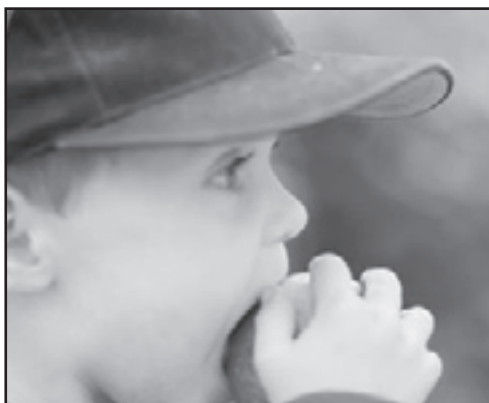
In addition to consumer and market research, the program also offers a series of small-acreage farming courses for current and would-be farmers. This academic year, the series is also being offered to Latino and Southeast Asian new immigrant growers.

Visit <http://csanr.wsu.edu/> for more information or come on the farm walk at Oxbow Farm with David Muehleisen of CSANR on October 2nd at 10am.

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Making Healthy Connections in Schools

In King County, as in the rest of the United States, obesity has become an epidemic. Over the last 20 years, the percentage of US children who are overweight has nearly doubled. The percentage of overweight adolescents has increased even more rapidly. The rise in obesity is a cause for concern because it carries with it an increased risk of developing diabetes, hypertension, and heart disease, three major causes of premature death.

Farm to School Connections

People who eat more fruits and vegetables have a lower incidence of chronic diseases. Many concerned parents, teachers, nutritionists and others are finding success in improving student's eating habits through farm to school programs. Food service programs have an important influence over students' eating habits and health largely because many students get a majority of their meals from the school cafeteria. Farm to school projects connect the childhood obesity epidemic with the farmland crisis to improve school food with fresher, local fruits and vegetables. Farm to school connections also benefit local farmers through local sales, increased pride, and a closer connection to the surrounding community. It is currently estimated that farm to school efforts are only reaching about two percent of the 50 million school children in the United States. This represents a large potential market for farmers, and potential for improved quality in the source of food for schools. WSU King County Extension is working with parents, teachers, and farmers to make farm to school connections in the cafeteria and in the classroom.

Farm to School projects are sprouting all over the United States. The goals are to connect students to their food source, increase the nutrition of food in schools, and help local farmers stay in business.

Garden and Nutrition Connections

Obesity rates are higher among low-income populations, who have greater difficulty accessing healthy diets that are high in fruits and vegetables and whole grain foods. WSU King County Extension has developed a program to teach the foundations of healthy eating through gardening and cooking-enhanced nutrition education to limited resource populations. The WSU Food \$ense Program called Cultivating Health and Nutrition through Garden Education or CHANGE teaches students in grades K-6 how to make good food choices, how to grow food, and how to prepare healthy snacks and meals. In outdoor garden classrooms, students plant seeds, measure their growth, and harvest fruits and vegetables to eat. They learn where their food comes from and make connections between what they eat, their health, and the environment. Community gardens also improve access to fresh produce for residents of King County with limited-resources.

Ten Ways to Sustain Agriculture & Nutrition in Your Neighborhood

1. Give donated vegetable seeds or plants away.
2. Tour a local farmers' market with a classroom or student of your choice.*
3. Share our curricula list with your favorite teacher or school administrator.*
4. Join a local, state, or national group that supports farm to school work.*
5. Call and ask the school food director how much of the food served is grown locally.
6. Write the local paper/TV/radio and inform them about childhood obesity.*
7. Visit your local school and see what lunch is like.
8. Invite a local farmer to come into the classroom to talk about farming.*
9. Highlight a local vegetable or fruit at your school cafeteria.*
10. Do an assessment to evaluate the sources, quality, and value of school foods.*

Ten Actions to Promote Agriculture & Nutrition in a Local School

1. Offer to help get a school garden started.*
2. Gather support for eliminating junk food from your school campus.*
3. Highlight a local fruit or vegetable each month at your school cafeteria.*
4. Teach a garden/food/nutrition segment for local students.*
5. Campaign to eliminate junk food fundraisers at local schools.*
6. Offer to teach composting of school wastes outside classrooms.
7. Promote the many food programs available to families and students.*
8. Support national and state legislation that improves school food.*
9. Create a tour of local farms for teachers and/or students.*
10. Propose a school or district policy in support of farm to school*

For more information about WSU King County Extension's variety of programs and the educational resources they provide, including monthly Extension Education Nights, please visit <http://www.metrokc.gov/wsuc/>

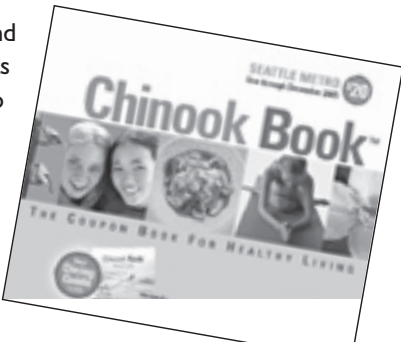
* For resources contact www.farmtoschool.org

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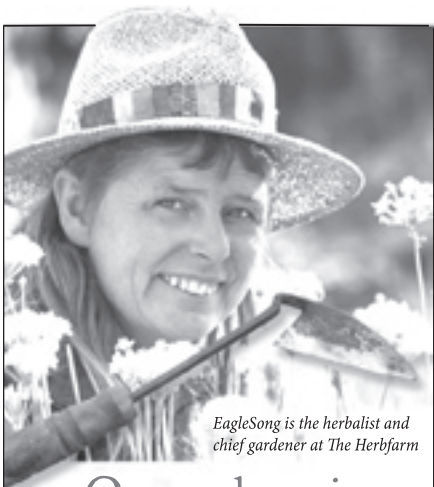


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The Herbfarm's head gardener, EagleSong, heads up a garden staff of three, 25 cutting gardens, and two acres of heritage vegetables near our restaurant in the Sammamish Valley. From honey to zucchini, foods from our farm inspire the ever-changing 9-course dinner menus.

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Neighborhood Farmers Market Alliance
Northwest Baby and Child
Cherry Valley Farms

Another Big Thank You Goes To Our Fiscal Agent- The Land Water Steward Association!

The Land Water Steward Association (LWSA) is a non-profit, volunteer based organization, representing graduates of the WSU King County Extension training programs that focus on the concerns, protection and restoration of the Puget Sound watersheds.

HARVEST CELEBRATION FARM TOUR PASSPORT

This is your passport to prizes! If you complete this form and get a stamp at each Harvest Celebration farm you visit on October 2nd, you can turn it in to win the amazing prizes listed below. Completing this form also helps us count visitors and get feedback so that we can continue improving this event! One entry per household please.

Name: _____
Phone: _____
Address: _____
City: _____ Zip: _____
Email: _____

May we contact you for a follow-up survey? ____Yes ____No

Number of people in your household who attended today:
____under 12 years old ____12-17 years old ____18-30 years old
____31-50 years old ____51-65 years old ____over 65 years old

1. Which farms did you visit today?
(get a stamp at each farm you visit or check off the farms you visited)

- WEST FARMS
- W1. Marra Farm (Seattle) _____
 - W2. VIGA Farmers Market (Vashon) _____
 - W3. Forest Stewards Community Log Yard (Vashon) _____
 - W4. Island Meadow Farm (Vashon) _____
 - W5. K-Jo Farm (Vashon) _____
 - W6. Island West Alpacas (Vashon) _____

- EAST FARMS
- E1. Red Barn County Inn (Woodinville) _____
 - E2. Olympic Nursery (Woodinville) _____
 - E3. The South 47 Farm (Redmond) _____
 - E4. Serres Farm (Redmond) _____
 - E5. Pine Lake Alpacas (Issaquah) _____
 - E6. Fall City Farms (Fall City) _____
 - E7. Full Circle Farm (Carnation) _____
 - E8. Remlinger Farms (Carnation) _____
 - E9. Jubilee Farm (Carnation) _____
 - E10. Oxbow Organic Farm (Carnation) _____
 - E11. Cherry Valley Farms (Duvall) _____

- SOUTH FARMS
- S1. Whistling Train Farm (Kent) _____
 - S2. Happy Mountain Miniature Cattle (Covington) _____
 - S3. Three Boys' Alpacas (Kent) _____
 - S4. County Farmers Market (Enumclaw) _____
 - S5. Thunder Mountain Farm (Enumclaw) _____
 - S6. Alpacas of Fair Meadows (Auburn) _____

2. Have you attended previous Harvest Celebrations in King County?
(Circle those that apply) 1999 2000 2001 2002 2003

3. How did you learn about the Harvest Celebration Farm Tour?
(Check all that apply)

____Library	____Community Center
____School	____CSA
____Farmers Market	____Newspaper
____Radio or TV	____Website
____Email	____Other (specify) _____

4. List three things you learned about farming, natural resources, or water quality today.

5. As a result of attending Harvest Celebration 2004, how might your food-buying habits change? (Please rate each one)

	Already doing	Very likely	Somewhat likely	Not likely	Not sure
--	---------------	-------------	-----------------	------------	----------

A. Give preference to buying locally grown foods	1	2	3	4	NS
B. Shop at Farmers Markets	1	2	3	4	NS
C. Buy food at an on-farm store	1	2	3	4	NS
D. Buy local produce at a produce stand	1	2	3	4	NS
E. Join a Community Supported Agriculture (CSA) Farm	1	2	3	4	NS
F. Join a local food cooperative or buying club	1	2	3	4	NS

6. What things are you willing to do to help keep farms viable in King County? (Circle any that apply)

- 1 Not sure or have not thought about it
- 2 Share my Harvest Celebration experience with others
- 3 Buy more food directly from local farmers
- 4 Participate more in local agricultural policy discussions
- 5 Volunteer my time at events that support local agriculture
- 6 Some other factor (Describe) _____

7. How could next year's Harvest Celebration be improved? (Explain)

8. Do you have any additional comments?

THANK YOU AND HAPPY HARVEST!

To win one of the prizes listed below, turn in your passport at the last farm you visit, or mail your stamped passport (postmarked by October 8, 2003) to: Harvest Celebration, WSU King County Extension, 919 SW Grady Way, Suite 120, Renton, WA 98055.

ENTER TO WIN!

- 🌾 A copy of the Chinook Book, the coupon book for healthy living containing over \$5000.00 in discounts (100 winners)
- 🌾 One box of fresh, organic produce courtesy of Pioneer Organics (10 winners)
- 🌾 10 bags of Cedar Grove Composting bagged products including compost, topsoil, and potting soil (5 winners)
- 🌾 \$25 for local products from any of the six Seattle Neighborhood Farmers Markets (4 winners)
- 🌾 A basket of organic produce grown at Full Circle Farm (3 winners)
- 🌾 Dinner for two at one of the Anthony's Restaurants (2 winners)

- 🌾 One loaf-a-month gift certificate from Essential Baking (1 winner)
- 🌾 One night at the luxurious Willows Lodge, including a European continental breakfast and \$100 dining credit for the Barking Frog restaurant. (1 winner)
- 🌾 A \$100 gift certificate from The Herbfarm Restaurant to be used toward dining or an overnight stay courtesy of The Herbfarm Suites (1 winner)
- 🌾 A \$40.00 gift certificate from Thundering Hooves Farm, a farm that specializes in livestock raised on natural grass and alfalfa pastures in Walla Walla (1 winner)
- 🌾 A dinner for two at the Salish Lodge and Spa in Snoqualmie (1 winner)

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